

I CLAIM:

1. A slip-resistant extremity covering for a person practicing yoga comprising in combination:

an extremity covering dimensioned to fit snugly around an extremity of a person, said extremity covering having a palmer surface and a dorsal surface, said extremity covering being constructed of a sufficiently malleable material so as to allow an extremity a full range of movement; and

a slip-resistant material coupled to at least one of said palmer surface and said dorsal surface, said slip-resistant material having a low coefficient of friction while at the same time allowing said extremity a full range of movement while inside said extremity covering.

2. The slip-resistant extremity covering of Claim 1 wherein said extremity covering being dimensioned to fit snugly around a hand of a person.

3. The slip-resistant extremity covering of Claim 1 wherein said extremity covering being dimensioned to fit snugly around a foot of a person.

4. The slip-resistant extremity covering of Claim 1 wherein said slip-resistant material comprising a plurality of raised surfaces having a low coefficient of friction.

5. The slip-resistant extremity covering of Claim 4 wherein said plurality of raised surfaces being substantially dumbbell shaped.

6. The slip-resistant extremity covering of Claim 1 wherein said slip-resistant material comprising an elastomeric material having a low coefficient of friction.

7. The slip-resistant extremity covering of Claim 1 wherein said slip-resistant material comprising a uniform surface having a low coefficient of friction.

8. The slip-resistant extremity covering of Claim 1 wherein said extremity covering being comprised of a breathable cotton-lycra type fabric.

9. The slip-resistant extremity covering of Claim 1 wherein said extremity covering comprising an absorbent material dimensioned to absorb perspiration.

10. A method for practicing yoga comprising, in combination, the steps of:

providing an extremity covering dimensioned to fit snugly around an extremity of a person, said extremity covering having a palmer surface and a dorsal surface;

providing a slip-resistant material coupled to at least one of said palmer surface and said dorsal surface;

inserting an extremity of a person into said extremity covering; and

practicing a yoga technique.

11. The method of Claim 10 further comprising the step of inserting a hand into said extremity covering, said extremity covering being dimensioned to fit snugly around a hand of a person.

12. The method of Claim 10 further comprising the step of inserting a foot into said extremity covering, said extremity covering being dimensioned to fit snugly around a foot of a person.

13. The method of Claim 10 wherein said slip-resistant material comprising a plurality of raised surfaces having a low coefficient of friction.

14. The method of Claim 13 wherein said plurality of raised surfaces being substantially dumbbell shaped.

15. The method of Claim 10 wherein said slip-resistant material comprising an elastomeric material having a low coefficient of friction.

16. The method of Claim 10 wherein said slip-resistant material comprising a uniform surface having a low coefficient of friction.

17. The method of Claim 10 wherein said extremity covering being comprised of a breathable cotton-lycra type fabric.

18. The method of Claim 10 wherein said extremity covering comprising an absorbent material dimensioned to absorb perspiration.